



Pratyush Sinha Foundation



Allentown
City without limits.

Yoga in the Park is led by certified instructor Prabha Sinha, founder of the Pratyush Sinha Foundation.

Yoga can provide youth and adults with the tools to be confident, balanced and strong.



Thursdays

5:30pm

Arts Park

*(On 5th Street between
Linden & Hamilton)*

Begins May 29!

Saturdays

9:30am

Cedar Park

*(Meet at the Rose Garden
Pavilions off Honochick Dr)*

Begins May 31!



FREE for youth ages 9—18

\$7 charge for adults

www.allentownpa.gov/parks

www.pratyushsinhafoundation.org